



THE
zyliss
GUIDE
TO FOOD
PREPARATION



INTRODUCTION

This guide has been produced by one of the leading brands in food preparation, **Zyliss**, alongside **Jo Pratt**, food stylist, writer, presenter and home economist, with the aim to make food preparation fun, engaging and practical for the whole family. You will find exclusive recipes from Jo, future food trends and helpful hints from the experts, helping you to prepare your ingredients in the simplest, safest and quickest way. Leave the processed food and ready-made meals on the supermarket shelves and change the way you prepare your meals forever.



Zyliss provides well designed & functional, great quality food preparation products for discerning consumers with a passion for food. The brand has been built on a strong foundation of Swiss Heritage; well engineered, trustworthy and most importantly precise. All products within the range are stylish, ergonomic and innovative, with the sole aim to make food preparation easy and fun for everyone.



“Zyliss has a brilliant selection of kitchen gadgets that look good, feel good and work like a treat. I regularly put my food preparation tools through their paces, my job means I cook a lot at home, either testing recipes for my books and magazine articles, or for my family and I am also on location for magazine shoots and TV commercials a great deal. I have to rely on my equipment to be the best and my Zyliss tools have never let me down, I love them.” **Jo Pratt**

FUTURE TRENDS IN FOODS

“Being someone who writes cookbooks and recipes for various magazines, I’ve always got my eyes and ears open for what might be the next big thing. I love reading food blogs, checking out magazines, watching cooking programmes and trying to work out where this crazy food world will end up next. The following are areas that I predict will influence what we eat in the immediate future”

Jo Pratt



With the economic downturn having an effect on all aspects of our lives, home cooking, casual and simple meals and recession-proof dining would be some of the buzz words that will continue to resonate within the household. Comforting recipes, aspirational eating, and “necessary luxuries” (like chocolate, wines and baked treats) will be able to make people feel a bit warmer and safer in this turbulent and stormy period.

When the world around us is unclear, we like authenticity to give us a sense of safety and direction. Simple and authentic ingredients, traditional dishes, uncomplicated products and reuniting the family will remain at the hub of cooking.

In this time of growing interest in healthful living, nutritional and health, as a culinary theme, is a very important trend that we need to watch very closely. As the broader trend of health will carry on growing, the trend of choosing certain foods to follow philosophy-driven food choices, like local sourcing, organics, artisanal items and sustainable seafood, has gained a privileged place in the culinary world. As interest in food and the culinary arts develops, consumers are becoming more knowledgeable about the food they eat, and chefs are using their talents to fulfil the demand for dishes that follow these trends in the home.

EATING ON A BUDGET In the face of a faltering economy, some consumers see a health benefit in being forced to change their eating and cooking habits returning to ‘old values’. Recent research into eating habits suggests that the recession is coaxing some consumers back into the kitchen. Jo Pratt comments; “I think recessions definitely make people return to old values – buying healthy food in bulk, cooking proper meals and freezing portions for use later in the week. It’s the new generation, the 24-year-olds to 44-year-olds, who are taking up cooking – and for fun even men are cooking to impress their friends and family. It’s cheaper than taking them out to expensive restaurants.”

Saving money is a powerful motivation: consumers planning on spending less and saving more also state a desire to cook more from scratch. Watching our pockets will also mean that we’ll all hopefully become a little more creative in the kitchen.

MORE HEALTH CONSCIOUS – we are all watching (or should be at least) how much alcohol we consume and fat we eat, It is actually good for us to look after our bodies, plus with food and drink packaging plastered with units and nutritional breakdowns, we haven’t really any excuses. The knock on effect of being more health conscious will mean that cooking from scratch will continue to be popular as people want to know what’s actually in their dinner.

SUSTAINABLE AND LOCALLY GROWN – Organic options have become more popular. The emphasis on locally-grown and seasonal ingredients is now so popular, (just take a look at the food magazines!) to the point that we believe these mega trends are now becoming mainstream in the restaurant industry as well as in the home. “Farmer market” is the new mantra, as an increasing concern over food miles continues to nourish this green consumer ethic. Due to us all wanting to do our bit from an environmental point of view, we’ll be more aware of fair trade foods, morals and ethics behind brands



MILLIONS OF RECIPES – we now have access to thousands of recipes at the flick of a switch – there’s smart phone apps, big brand websites, food bloggers, TV shows, not to mention social media sites such as FaceBook and Twitter, where people publish their recipes, swap and review recipes. This huge resource will continue to give us more excuses to try new ingredients and styles of cooking.

“So, in a nutshell – with this incredible resource of recipes from a huge range of people from professionals to blogging mad Grandmas to inspire us, new wonderful ingredients available in our local shops and from specialist online retailers (that deliver ingredients to your door) cooking at home for family and friends will grow and grow in popularity. Kitchens will continue to be made into the hearts of our homes and innovative, stylish brands like Zyliss will have to carry on designing and manufacturing clever kitchen gadgets to reflect the way we cook.” Jo Pratt

ALFRESCO DINING

Gone are the days of charred sausages and undercooked chicken legs, we British seem to have perfected the art of dining al fresco. Is there anything more life-affirming than dining outside in your own garden? There, you are surrounded by nature, can eat with abandon and enjoy the feeling that good food can give you.

SMART TOUCH SALAD SPINNER



Asian Coleslaw

SERVES 4-6

Ingredients:

- ½ red or white cabbage
- 1 small fennel
- 1 small red onion
- 2 carrots, peeled
- 4 tbsp mayonnaise
- 2 tbsp peanut butter
- 1 ½ tsp rice vinegar
- 2 tsp fish sauce
- 2 tsp soft brown sugar



Using a Zyliss Folding Mandolin, finely slice the cabbage, fennel and onion. Place in a mixing bowl. Change the blade to a julienne blade and cut the carrot into fine julienne. Add to the rest of the vegetables.

In a separate bowl, mix together the mayonnaise, peanut butter, rice vinegar, fish sauce and sugar. Add to the vegetables and mix well. Serve after about 30 minutes of making for the vegetables to soak up the dressing, or leave in the fridge for a couple of hours before serving. Any longer than that, the vegetables may become too soggy.



CHEESE SLICER



FOLDING MANDOLINE



SALAD KNIFE

Triple Lettuce Salad with Honey Mustard Vinaigrette

SERVES 4

Ingredients:

For the dressing:

- 100ml extra virgin olive oil
- 100ml groundnut oil
- 1 tbsp lemon juice
- 2 tbsp white wine vinegar
- 1 tbsp runny honey
- 2 tbsp Dijon Mustard
- 1 small clove of garlic, peeled and cut in half
- sea salt and freshly ground black pepper



To make the dressing, place all of the ingredients in a screw top jar and shake well. Season with salt and pepper. Have a taste and add any extra vinegar, honey or mustard if you feel it is needed. The ingredients you use vary hugely in their strength, so always taste as you go.

If you can, leave for 1 hour for some garlic flavour to infuse into the dressing.

To prepare the salad, cut the iceberg into thick slices and cut the baby gem into wedges with a Zyliss Salad Knife. Place into a salad spinner along with the lambs lettuce. Rinse under the cold tap then spin in a Zyliss Salad Spinner to remove excess water.

Transfer to a bowl and cut in the herbs, using a Zyliss Herb Snipper. Toss in about ¼ of the salad dressing. Serve straight away.

Store any remaining dressing in a cool place out of direct sunlight - but not in the fridge. Shake well before using. It will keep for 1-2 weeks.

Smoked Mackerel, Horseradish and Chive Quiche

SERVES 8

Ingredients:

For the pastry:

- 175g plain flour, plus extra for dusting
- 100g cold butter, diced
- 1 large egg yolk
- 4 tbsp cold water
- small bunch of chives



To prepare the pastry, place the flour, butter, egg yolk, and water into a food processor. Using a pair of Zyliss Herb Snippers, cut the chives into about 1 cm pieces into the food processor. Using the pulse button, process until the mixture binds together.

Tip the pastry onto a lightly floured surface and knead very lightly until you have a smooth ball.

Roll out the pastry thinly, and line a 23cm x 2.5 cm loose bottomed, fluted flan tin. Trim the edges with a pair of scissors or the Zyliss Herb Snippers, just enough so the pastry sits just above the tin. Prick the base with a fork and place in the fridge for about 15 minutes to chill.

Place a baking sheet in the oven and heat to 200C/ fan 180C/gas 6.

Line the pastry case with crunched up baking paper or foil (shiny side down) and fill with baking beans. Place in the oven on top of the hot baking sheet for 15 minutes. Remove the baking paper/foil and beans and cook for a further 5 minutes.

Reduce the oven temperature to 190C/fan170C/gas 5.

Remove the skin from the smoked mackerel and flake into a bowl, removing any bones you may come across. Add the crème fraîche, double cream, beaten eggs, horseradish and lemon zest. Using the Zyliss Herb Snippers finely cut in the chives.

Mix to combine, season with a little salt and a good twist of black pepper and then pour into the pastry case. Place onto the hot baking sheet and bake for about 25 minutes until the filling is softly set and golden. Remove from the oven and cool for about 10 minutes before removing and serving hot, warm or cold, and cutting into wedges with a Zyliss pizza/pastry cutter or Cake Server.

HERB SNIPPERS



PIZZA/PASTRY CUTTER



CAKE SERVER



Children's Cherry Tomato and Salami Tortilla Pizzas

SERVES 4

Ingredients:

- 400g tin chopped tomatoes
- 3 tbsp tomato puree
- 1 tsp dried oregano
- 1 tsp caster sugar
- 1 tbsp olive oil
- 4 small flour tortilla bread wraps
- 150g mozzarella or cheddar cheese
- 12 cherry tomatoes
- 8 slices of salami



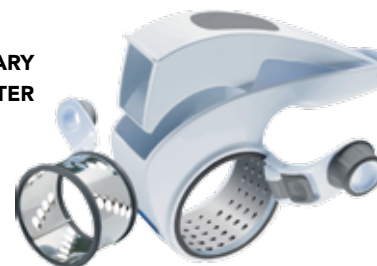
To make a sauce, place the tinned tomatoes, tomato puree, oregano, caster sugar and olive oil in a saucepan over a low-medium heat and bring to a simmer. Cook for about 10 minutes until the quantity has reduced by about ½ and you have a really rich thick tomato sauce.

Heat the oven to 220C/200C fan/gas 7.

Place the tortilla bread onto baking sheets and evenly spread some tomato sauce over the top of each one. Using the Zyliss Rotary Cheese Grater, grate the cheese over the top of the tortilla. Cut the cherry tomatoes in half and divide between the pizzas and finally tear the salami into strips and sit on top.

Place the pizzas in the oven to cook for about 8-10 minutes until the edges are golden and crisp and the cheese is bubbling. Cool for a couple of minutes before cutting into wedges with a Zyliss Pizza/Pastry Cutter.

ROTARY CHEESE GRATER



Chocolate and Summerberry Pavlova

SERVES: 6-8

Ingredients:

- 4 large egg whites
- 200g caster sugar
- 25g cocoa powder, sieved
- 2 tsp cornflour
- 2 tsp white wine vinegar
- 300ml double cream
- 400g fresh summerberries from a selection of raspberries, strawberries, blackberries and blueberries
- 25g dark chocolate, to serve



Pre-heat the oven to 140C/120C fan/Gas 1

Line a baking sheet with non-stick baking parchment.

Whisk the egg whites in a large bowl until they are stiff. Mix together the caster sugar, cocoa powder and cornflour, and whisk into the whites a spoonful at a time, adding the vinegar with the last spoonful. Continue to whisk for a minute or so, until the chocolate meringue is thick and glossy.

Spoon onto the baking tray and spread to form a circle that is about 24cm in diameter, leaving a dip in the centre for the cream filling. Place in the oven for around 1½ hours, until the meringue is crisp. Leave to cool. This can be made 24 hours ahead of time and be stored in an airtight container.

To finish the pavlova, whisk the cream until it forms soft peaks. Keep half of the berries aside for decoration, and then lightly crush the rest with the back of a spoon. Fold into the cream and then spoon into the middle of the pavlova. Arrange the remaining berries on top of the pavlova and then grate the chocolate over the top with a Zyliss Rotary Cheese Grater.

Serve within 1 hour of adding the cream, and cut into portions using the Zyliss Cake Server.

Banoffee Ripple Ice Cream

SERVES 6-8

Ingredients:

- 300ml milk
- ½ tsp vanilla extract
- 4 large egg yolks
- 125g light muscavado sugar
- 300ml double cream
- 3 ripe bananas
- ½ tsp lemon juice
- 2 tbsp banana liqueur (optional)
- 8 tbsp bought Dulce de Leche caramel toffee/caramel sauce



Pour the milk into a saucepan, add the vanilla extract and gently bring to the boil.

Beat together the egg yolks and sugar until they are pale and creamy. Stir in the milk, return the liquid to the saucepan and stir continuously over a low heat until it thickens and just starts to coat the back of your spoon (it should be the consistency of double cream). Make sure you don't boil the custard because it may separate and curdle. If you feel it is getting too hot, remove from the heat and just continue stirring until it thickens.

Remove the pan from the heat, stir in the cream and leave to cool.

Once the custard has cooled down, mash the bananas well with the lemon juice and stir into the custard, along with the banana liqueur, if using. If you have an ice cream machine, then follow the manufacturer's instructions to freeze the ice-cream, and you should have softly frozen ice cream within about 20 minutes.

If you don't have an ice-cream machine, then pour the banana custard into a metal or plastic container, cover and freeze for about 1½ hours until the base and sides are becoming frozen. Remove and blitz in a food processor, with an electric hand whisk or

energetically by hand with a balloon whisk until smooth. Refreeze, and then repeat a couple more times at hourly intervals so that you end up with a smooth, creamy ice cream rather than one that is full of icy crystals.

Whichever method you use to freeze the ice cream, once it is softly frozen, you can then stir the Dulce de Leche caramel toffee or caramel sauce through the ice-cream to create a ripple effect. Freeze until needed.

Once you are ready to eat the ice-cream, serve into lovely scrolls using a Zyliss Ice-cream Scoop.

PS...If you don't have time to make the custard base for this ice-cream, then just buy a 400ml carton of fresh ready-made custard and add 300ml double cream and continue as above.



ICE CREAM SCOOP



JUG WHISK

THE PERFECT ROAST

Rarely does this yearning for home-cooked food feel more satisfying than when sitting down to a delicious-smelling, mouth-watering traditional Sunday dinner, complete with oven-roasted meat, crispy roast potatoes or creamy mash, an array of vegetables, plus lashings of thick gravy.

Herby Roast Chicken with Sherry Gravy

SERVES 4-6

Ingredients

- 6 sticks of celery, halved
- 4 small onions, halved
- 1 bulb of garlic, cut in half across the centre
- 2 glasses of dry sherry (about 200ml)
- 2kg free-range chicken
- 3 bay leaves
- 3-4 sprigs each of sage, rosemary, oregano and thyme
- 50g soft butter
- salt and freshly ground black pepper
- 250ml chicken stock
- 1 tbsp runny honey
- 2 tbsp double cream



Heat the oven to 200C/180C fan/gas 6.

Place the celery, onions and one half of the garlic in a roasting tray. Pour half of the sherry and about 100 ml water over the vegetables and sit the chicken on top.

Place the remaining half of garlic, the bay leaves and half of the herbs inside the chicken cavity and season well. Tie the rest of the herb sprigs together with a piece of string.

Using a Zyliss Basting Brush, spread the butter all over the body and legs of the chicken. Season with

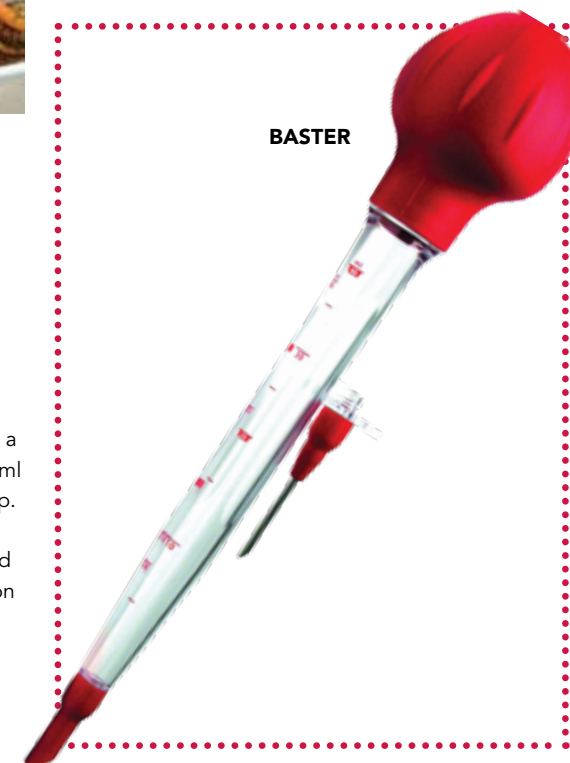
salt and pepper, then sit the bunched herbs on top of the chicken.

Place in the oven for 1 hour 30 minutes, basting a couple of times with the buttery, herby chicken juices. Once cooked the chicken should be lovely and golden, and the juices should run clear when a skewer is inserted into the thigh.

Using a pair of Zyliss Tongs, pour the juices out of the cavity into the tray and sit the chicken onto a board to rest for about 10 minutes.

Place the roasting tray over a high heat and stir in the chicken stock, remaining sherry and honey. Scrape the sticky bits from the base of the tray and bring to the boil. Cook for a few minutes before stirring in the cream, and seasoning with salt and pepper. Pour into a gravy a Zyliss Gravy Separator and then pour the gravy into a serving jug, discarding any of the vegetables from roasting the chicken.

Carve the Herby Roast Chicken and serve with the Sherry Gravy and vegetables of your choice.



BASTER



**SMART
GUARD SLICER**

**Roast Cod with White Wine
Potatoes, Red Pepper and Tomatoes**

SERVES 6

Ingredients:

- 750g salad/Charlotte potatoes
- 1 large red onion, peeled
- 1 large red pepper, deseeded and thinly sliced
- 6 sprigs of rosemary
- olive oil
- salt and freshly ground black pepper
- 500ml white wine
- 6 cod fillets, skin on
- large handful pitted Kalamatta black olives
- 6 branches of cherry vine tomatoes (with about 6 tomatoes per vine)



Preheat the oven to 200C/fan 180C/gas 6.

Using a Zyliss Smart Guard Food Slicer, cut the potatoes into 5mm thick slices. Thinly slice the red onion also using the Zyliss Smart Guard Food Slicer.

Place both the potatoes and red onion in a roasting tray with the red pepper and rosemary, toss in 2 tablespoons olive oil and add a good pinch of salt. Put in the oven and roast for 15 minutes, turning a couple of times throughout.

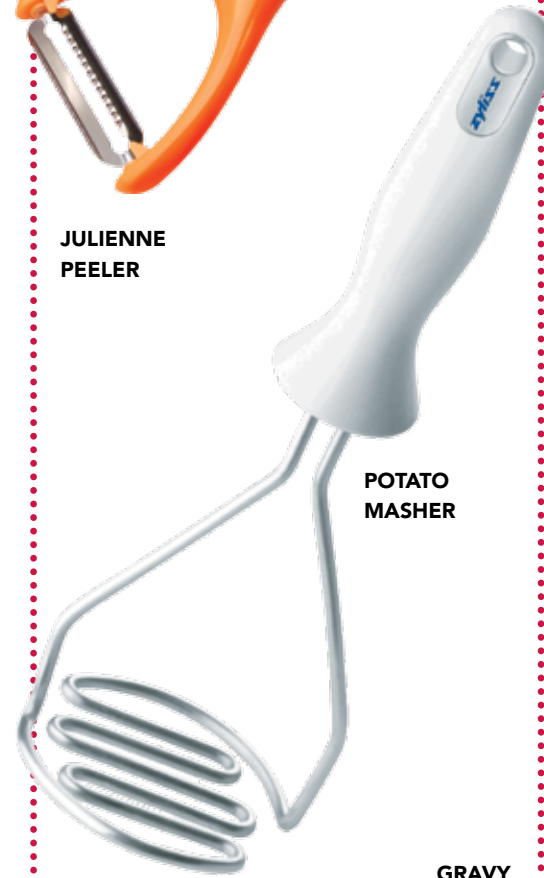
Pour over the white wine and return to the oven for 10 minutes. Check the potatoes are almost cooked through. If not, return to the oven for about 5 more minutes.

Place the cod on top of the potatoes. Season with salt and pepper and sit the tomatoes on top of the fish. Scatter around the black olives, drizzle with a little olive oil and return to the oven for 10-12 minutes until the fish looks cooked through and the tomatoes are beginning to split.

Remove the tray from the oven and divide the fish and vegetables among six warmed plates.



**JULIENNE
PEELER**



**POTATO
MASHER**



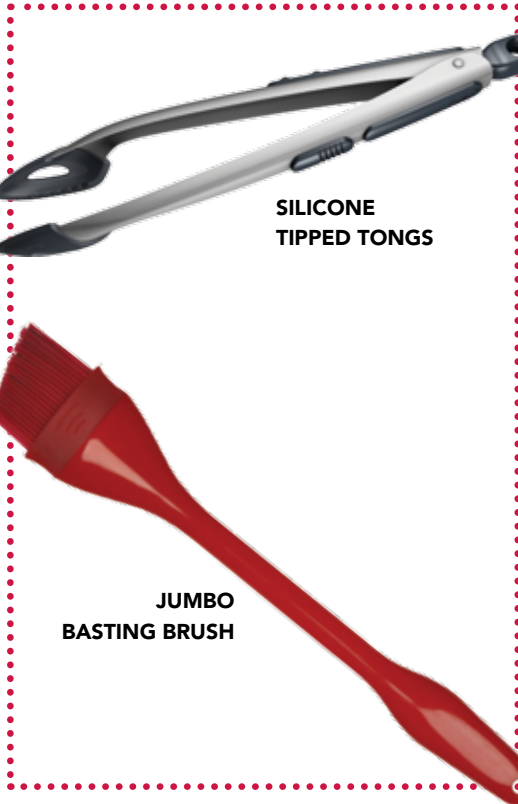
**GRAVY
SEPARATOR**

**KEY INGREDIENT -
GARLIC**

Garlic is an essential ingredient for every kitchen, not only because of the delicious flavour that it adds to food, (raw or cooked), but for its health benefits too.

Garlic is currently grown in temperate and tropical regions all over the world and many different cultivated types have been developed to suit different climates. It contains vitamin A, B1, B2 and C as well as a variety of agents that have anti-microbial, anti-clotting and cholesterol-changing effects

COOKING TIP: to get best flavour and health benefits out of your garlic, once you have crushed or cut the cloves, leave for 10 minutes before using in your recipes.



**SILICONE
TIPPED TONGS**

**JUMBO
BASTING BRUSH**

Garlic Preparation

Ultimately, the intensity of the flavour of fresh garlic depends up how the garlic is prepared....

HOW TO BREAK THE BULB: Begin by removing the outer layer of the garlic. With the stem pointed into the work surface and the bulb at a slight angle, press down and away with the heel of your hand. The bulb will break into individual cloves'

HOW TO PEEL THE CLOVE: Often considered the trickiest element of garlic preparation, peeling the clove needed be a hassle. The Susi 2 garlic press and the jumbo garlic press from the popular Zyliss range will even peel the clove for you

FOR A MILD FLAVOUR: use the whole cloves as the juices and oils of whole garlic have not been extracted. OR use sliced cloves: larger pieces, such as slices, will not totally dissolve with cooked, which will result in a milder flavour than chopped, minced or smashed garlic.

FOR A MEDIUM FLAVOUR: just chopping the garlic into smaller pieces will allow a little more of the juices and oils to be released. This provides more flavour than slicing.

FOR FULL FLAVOUR: mince the cloves which will release a large amount of juices and oils to provide a strong flavour to the other ingredients of the dish the garlic is cooked with.

Garlic and Potato Bake

SERVES 4-6

Ingredients

- Knob of soft butter
- 4 whole unpeeled garlic cloves
- 150ml milk
- 142ml carton double cream
- 2 sprigs of thyme or rosemary
- pinch of freshly ground nutmeg
- 1 kg waxy potatoes, such as Desirée
- salt and freshly ground black pepper
- 25g parmesan cheese



Heat the oven to 160C/140C fan/gas 4. Brush a 8cm square baking tin with butter, using a pastry brush or a Zyliss basting/jumbo pastry brush, then line the base with a square of greaseproof paper. Using the Zyliss Susi 2, crush the garlic into a saucepan. Add the milk, cream, thyme or rosemary and nutmeg. Place over a medium heat and bring to boiling point. Remove from the heat, leave for the garlic to infuse into the liquid for 10 minutes.

Peel the potatoes using your favourite Zyliss peeler, and then using the Zyliss Smart Guard Food Slicer, slice the potatoes into rounds the thickness of a 1 coin. Layer half of the potatoes into the tin, adding a little salt and pepper in each layer as you go. Remove the thyme or rosemary stalks from the garlic cream and stir well. Pour half over the potatoes, then repeat layering the potatoes into the tin. Finish with a neat layer of potatoes and pour over the remaining garlic cream.

Finely grate the parmesan cheese using a Zyliss duo grater and place in the oven for 1-1¼ hours until the potatoes are tender and the top is golden.

TIP: this is also delicious served cold and served as picnic food. Once cooked, leave to cool, and then place in the fridge to chill.



**SUSI 2
GARLIC PRESS**

Garlic Rub

Crush the unpeeled whole garlic cloves in a Zyliss Susi 2 garlic press into a bowl. Add the olive oil, mustard, salt, pepper and grate in the zest from ½ a lemon using a Zyliss Duo grater. Mix well to combine.

This garlic rub is so versatile as it is great to use as a marinade for virtually any meat, seafood, fish and even vegetables, before grilling, roasting or cooking on the barbeque. It's a sure winner for the garlic lover in all of us.

SERVES 6

Ingredients

- 8 whole unpeeled cloves of garlic
- 2 tbsp extra-virgin olive oil
- 2 tsp wholegrain mustard
- 1 tsp salt
- ½ tsp freshly ground pepper
- ½ lemon



Use the rub to coat your choice of meat, seafood, fish, or vegetables. Leave to marinade for as long as you wish – bearing in mind that the longer you give it, the stronger the flavour of garlic will be in your cooked food.

Once marinated, cook using whatever method you prefer, that suits the food you are using.



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